

Savory Bread Pudding with Kale and Butternut Squash

Rating: ★★★★★

Prep time: 20 minutes

Cook time: 1 hour, 20 minutes

Makes: 4 Servings

Bread, cheese, and kale make up this savory bread pudding. Bake ahead of time and slice for quick meals and snacks.

Ingredients

- 1 **teaspoon** vegetable oil
- 1 yellow onion (peeled and chopped)
- 4 large eggs
- 2 **cups** low-fat milk
- 1/2 **cup** shredded low-sodium mozzarella or cheddar cheese
- 4 **cups** bread (stale or dried)
- 3 **cups** chopped raw kale
- 2 **cups** frozen butternut squash
- 1/2 **teaspoon** Kosher salt

Directions

1. Preheat the oven to 375°F. Lightly grease a 2-quart baking pan.
2. Put a skillet over medium heat and when it is hot, add the oil. Add the onion and cook about 10 minutes, until tender.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	372	
Total Fat	12 g	18%
Protein	24 g	
Carbohydrates	46 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	4 g	20%
Sodium	618 mg	26%

MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	1 1/2 ounces
Protein Foods	1 ounce
Dairy	1 cup

3. While the onion is cooking, put eggs and milk in a bowl and mix until combined.
4. Add the cheese, bread, kale, squash and salt and mix well. Let the mixture stand at least 15 minutes until the bread absorbs most of the milk.
5. When the onion has finished cooking, add it to the bread mixture and mix well.
6. Pour the mixture into the prepared pan and transfer to the oven.
7. Bake uncovered for 50-60 minutes until lightly browned and set. Let stand 15 minutes before serving.

Notes

It is important to use stale bread that has dried out. If you don't have stale bread, put fresh bread in a preheated 250°F oven and bake until dried, usually about 15 minutes.

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